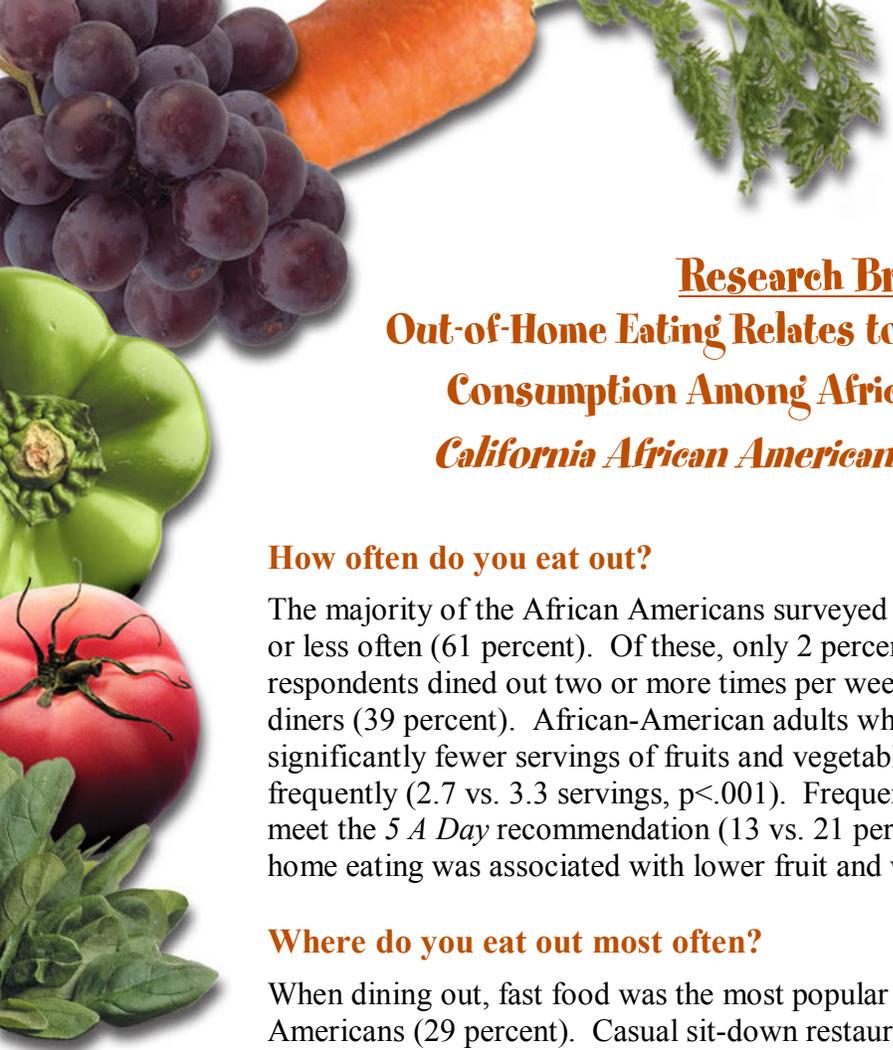




**African American  
5 a Day**



## **Research Brief**

### **Out-of-Home Eating Relates to Fruit and Vegetable Consumption Among African Americans<sup>\*,\*\*</sup>**

#### **California African American 5 a Day Campaign**

#### **How often do you eat out?**

The majority of the African Americans surveyed reported out-of-home eating weekly or less often (61 percent). Of these, only 2 percent never ate out. The remaining respondents dined out two or more times per week and were classified as regular diners (39 percent). African-American adults who dined out regularly ate significantly fewer servings of fruits and vegetables than those eating out less frequently (2.7 vs. 3.3 servings,  $p < .001$ ). Frequent diners were also less likely to meet the 5 A Day recommendation (13 vs. 21 percent,  $p < .05$ ). In this survey, out-of-home eating was associated with lower fruit and vegetable intake.

#### **Where do you eat out most often?**

When dining out, fast food was the most popular restaurant choice among African Americans (29 percent). Casual sit-down restaurants ranked second (26 percent) and soul food establishments came in third (22 percent). Respondents also provided their favorite soul food restaurants. The top four restaurants mentioned were M&M's, Bertha's, Granny's House of Soul Food, and Nellie's.

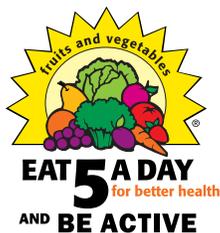
African Americans who reported eating at fast food restaurants most often, ate significantly fewer servings of fruits and vegetables (2.5 vs. 3.3 servings,  $p < .001$ ) and were less likely to reach the recommended 5 servings (8 vs. 21 percent,  $p < .001$ ). When looking at the other types of dining establishments, no differences were found in fruit and vegetable intake. Findings indicate that dining at fast food restaurants most often, when eating out-of-home, is related to lower fruit and vegetable consumption.



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\* A complete summary of the methods, survey, and data is available in the *California African American 5 a Day Campaign Formative Research Report: Festival Survey*.

\*\* Suggested Reference: Keihner, A. *Out-of-Home Eating Relates to Fruit and Vegetable Consumption Among African Americans*. California Department of Health Services, Sacramento, CA: June, 2004. Accessed at <http://www.dhs.ca.gov/ps/cdic/cpns/aa/researchbriefs.htm>.



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